

THE KINDNESS CODE

Improve your **COMPETENCE**, **CREATIVITY**, and **COLLABORATION** by learning the **PHYSIOLOGY OF KINDNESS**.



In a world wired for stress and reactivity, kindness isn't a soft skill — it's a survival strategy.

This powerful, story-driven session explores the science behind stress, safety, and the nervous system, revealing how empathy and presence can regulate our bodies, restore connection, and improve team performance and decision-making.

Learn practical tools inspired by Fred Rogers and rooted in neuroscience to help you lead with compassion, build psychological safety, and create the conditions for meaningful, collaborative change.

In this 1:1 interactive workshop, **Benjamin Wagner** shares practical tactics and lessons learned during his 30-year career as a global executive at MTV News and Facebook, and the making of his documentary on resiliency, *Friends & Neighbors*.

- Gain insights into the nervous system and social-emotional regulation
- Practice simple steps to transform the way you manage everyday uncertainty
- Build positive, present, and productive community and culture

"Benjamin's keynote was the **highlight of our conference**. Attendees left with **tools they could immediately apply**."

- Charlie, Mill Summit

"Benjamin's **message was spot on**, and **his delivery was stellar**."

- Jen, Leadership Delaware

"Benjamin is **an excellent speaker**. His workshop served as a good reminder that the state of each employee's 'core' affects how they can show up at the workplace and, in turn, perform."

- Andrea, WRK Group

"Benjamin's wisdom comes from **vulnerability and lived experience wrapped in humor and compassion**."

- Zach, Gather & Grow

"Benjamin's **engaging approach** made his workshop **an invaluable experience**."

- Chambrel, UPenn

Benjamin shares the fundamentals of human behavior in an **authentic, approachable, and actionable** way."

- Lindsay, DuPont Freedom Foundation

CONTACT BENJAMIN TO IMPROVE YOUR COMPETENCE, CREATIVITY, AND COLLABORATION TODAY.

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